

**GOVERNMENT OF GOA  
GOA STATE FIRE FORCE TRAINING CENTRE  
DIRECTORATE OF FIRE & EMERGENCY SERVICES  
ST. INEZ, PANAJI, GOA**

**COURSE: REFRESHER COURSE IN GENERAL FIRE FIGHTING FOR LEADING  
FIRE FIGHTERS / SENIOR FIRE FIGHTERS.**

**COURSE DURATION**

1. Duration of Course : 30 Days (01 Month)
2. No. of working days available : 26 (except Sundays – 04 days & Government Holidays)
3. Full working days : 23
4. Half day, : 01
5. Nos. of Periods in full working day : 07 (07 x 23 = 161)
6. Nos. of Periods in half working day : 04 (01 x 04 = 04)
7. No. of Periods available : 165

**DAILY SCHEDULE**

Duration	Programme	Duration	Programme
06.25 – 06.30	Roll Call	12.55 – 15.30	Lunch Break
06.30 – 06.45	P.T. Exercise/Yoga	15.45 – 16.25	5 <sup>th</sup> Period
06.45 – 08.00	Squad Drill.	16.35 – 16.15	6 <sup>th</sup> Period
08.00 – 09.30	Tea Break	16.25 – 17.05	7 <sup>th</sup> Period
09.40 – 09.45	Goa State Fire Service Anthem	12.55 – 15.30	Lunch Break
09.45 – 10.25	1 <sup>st</sup> Period	17.20 – 18.00	Games
10.35 – 11.15	2 <sup>nd</sup> Period	18.00 – 19.30	Break
11.25 – 12.05	3 <sup>rd</sup> Period	19.30 – 19 45	Evening Roll Call
12.15 – 12.55	4 <sup>th</sup> Period		

**BLOCK SYLLABUS**

Sr. No.	Subject	Periods to be assigned		
		Theory	Practical	Total
1.	Arrival and Registration.	02	--	02
2.	Inauguration of Course	01	--	01
3.	Introduction to Course	01	--	01
4.	Instructional Film.	--	--	04
5.	Course Review, Discussion, Feedback & Closing.	04	--	04
6.	Visits for Practical Exposure.	--	--	28
7.	<b>Fire Prevention – Paper I</b>	<b>16</b>	<b>--</b>	<b>16</b>
8.	<b>Fire Extinction – Paper II</b>	<b>18</b>	<b>30</b>	<b>48</b>
9.	<b>Science – Paper III</b>	<b>16</b>	<b>18</b>	<b>34</b>
10.	<b>General – Paper IV</b>	<b>13</b>	<b>--</b>	<b>13</b>
11.	Basic Techniques in Medical First Responder (MFR).	04	03	07
12.	Basic Techniques in Urban Search and Rescue (USAR)/Collapsed Structure Search and Rescue (CSSR)	04	03	07
<b>TOTAL:-</b>		<b>75</b>	<b>57</b>	<b>165</b>
13.	Squad Drill	--	<b>20</b>	<b>20</b>
14.	P.T. Jogging.	--	<b>20</b>	<b>20</b>
<b>TOTAL:-</b>		<b>75</b>	<b>97</b>	<b>205</b>